

# ACTION SHEET #10

## My Mentors

I am in the process of becoming - new identity (from Action Sheet #5):

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Goal: \_\_\_\_\_

Potential mentor(s): \_\_\_\_\_

Goal: \_\_\_\_\_

Potential mentor(s): \_\_\_\_\_

Goal: \_\_\_\_\_

Potential mentor(s): \_\_\_\_\_

\*Note: These are goal categories rather than specific goals as the term “goals” is identified in Chapter 5.

# ACTION SHEET #10

## My Mentors

### (Example)

I am in the process of becoming - new identity (from Action Sheet #5)

A healthy person

**Goal:** Eat healthier/lose weight

**Potential mentor(s):** My sister who has lost 40 lbs. in a healthy manner, the nutritionist at work, friend from my club who teaches nutrition classes, friend who has been successful with Weight Watchers.

**Goal:** Exercise more

**Potential mentor(s):** My brother-in-law who has been working out for years, the lady who teaches T'ai chi in community classes, the local yoga studio teacher, hire personal trainer (coach).

**Goal:** Improve/maintain mental health

**Potential mentor(s):** My good friend who has meditated for years, my aunt who always seems to remain calm, no matter the situation.